

FIG. 3

| General information |      | Study design                |             | Study population |           | Intervention |         | Outcome                          |                                | Conclusion                              |  |
|---------------------|------|-----------------------------|-------------|------------------|-----------|--------------|---------|----------------------------------|--------------------------------|---|--|
| Author              | Year | Design                      | Setting     | Sample size      | Age range | Intervention | Control | Primary outcome                  | Secondary outcome              | Conclusion                              |  |
| Wang et al.         | 2010 | Randomized controlled trial | China       | 100              | 18-65     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Smith et al.        | 2011 | Randomized controlled trial | USA         | 150              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Johnson et al.      | 2012 | Randomized controlled trial | UK          | 200              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Lee et al.          | 2013 | Randomized controlled trial | South Korea | 120              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Chen et al.         | 2014 | Randomized controlled trial | China       | 180              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Miller et al.       | 2015 | Randomized controlled trial | USA         | 220              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Kim et al.          | 2016 | Randomized controlled trial | South Korea | 140              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Wang et al.         | 2017 | Randomized controlled trial | China       | 200              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Smith et al.        | 2018 | Randomized controlled trial | USA         | 250              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Johnson et al.      | 2019 | Randomized controlled trial | UK          | 300              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Lee et al.          | 2020 | Randomized controlled trial | South Korea | 350              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Chen et al.         | 2021 | Randomized controlled trial | China       | 400              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Miller et al.       | 2022 | Randomized controlled trial | USA         | 450              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Kim et al.          | 2023 | Randomized controlled trial | South Korea | 500              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Wang et al.         | 2024 | Randomized controlled trial | China       | 550              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |
| Smith et al.        | 2025 | Randomized controlled trial | USA         | 600              | 65-85     | Exercise     | Control | Improvement in physical function | Improvement in quality of life | Exercise is beneficial for older adults |  |

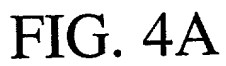


FIG. 4A

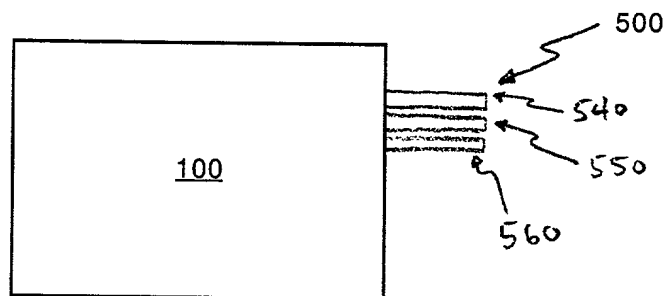


FIG. 4B

690

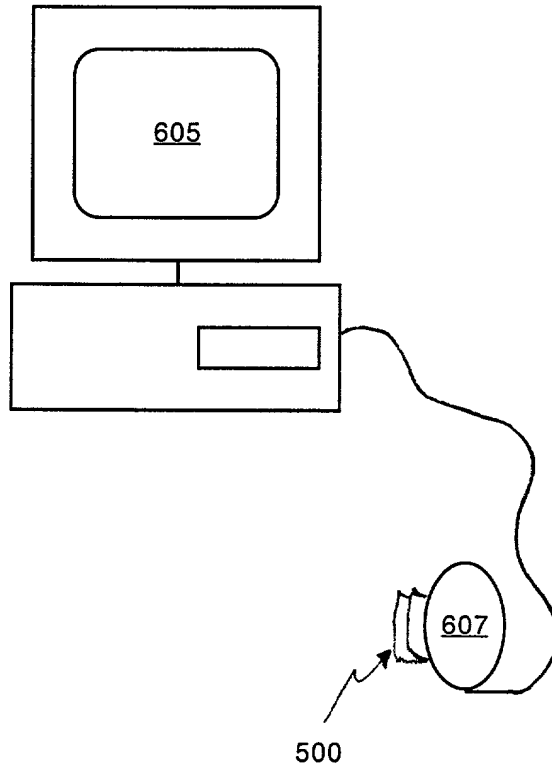


FIG. 5

100

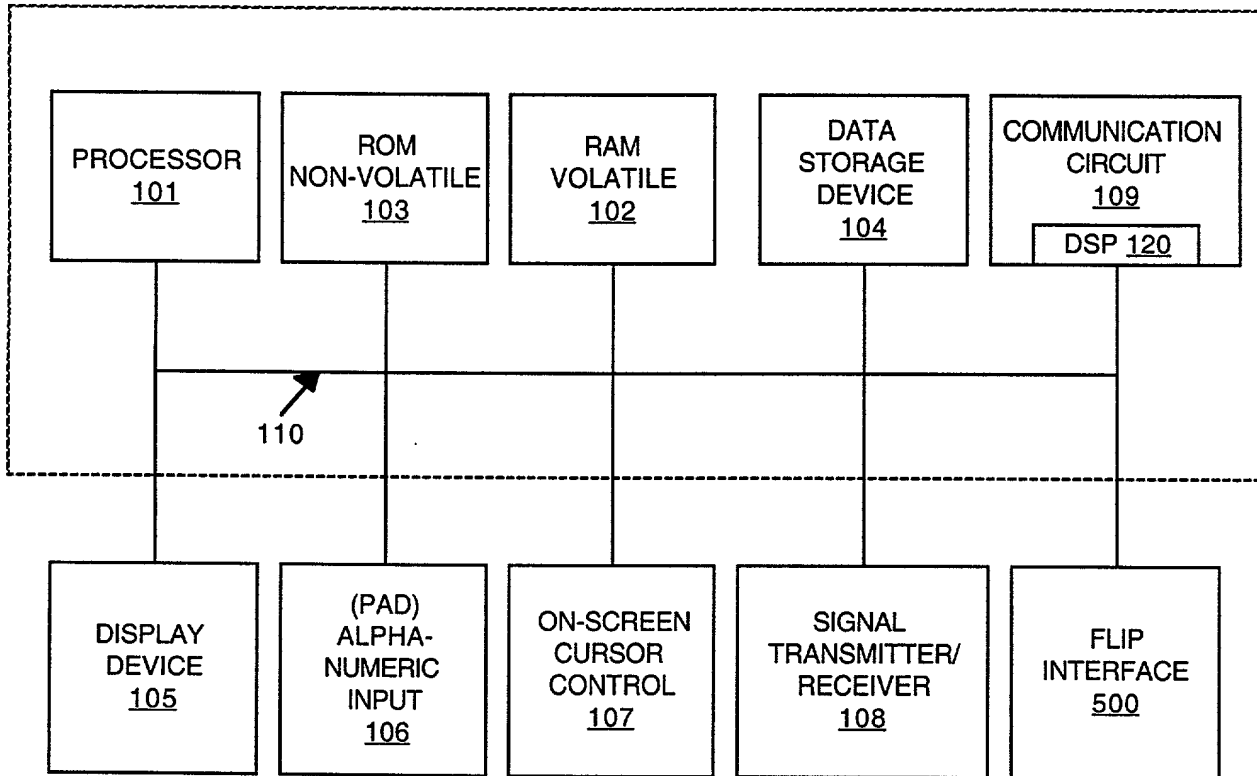


FIG. 6

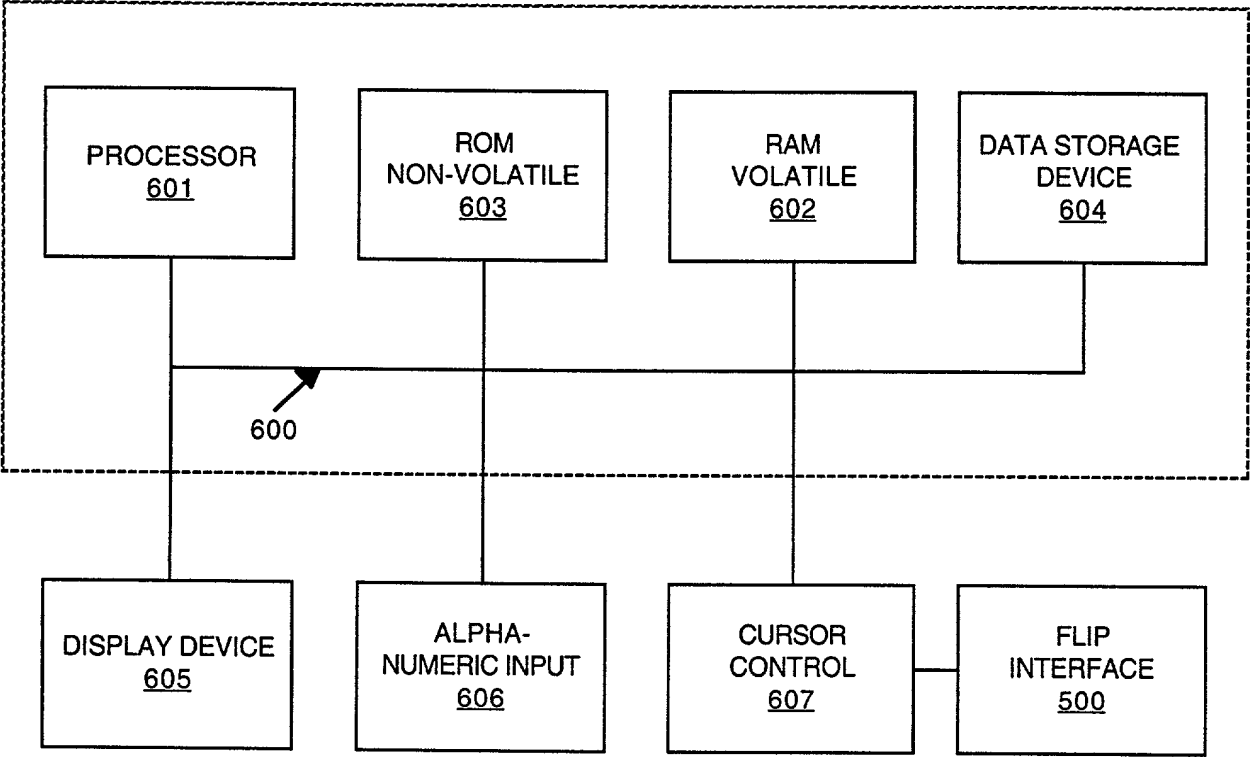


FIG. 7

800

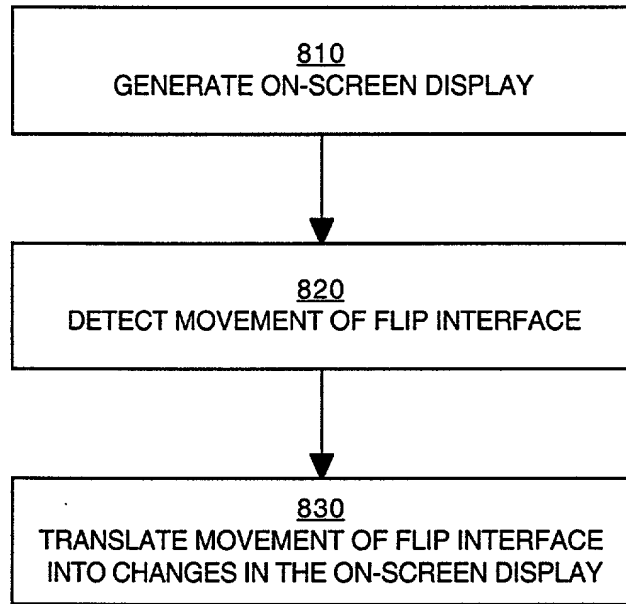


FIG. 8